

Seasonal Snapshots

Winter in the Kitchen Garden

Ideas for winter dishes

Asian coleslaw	Beetroot salads
Broccoli with almonds	Broccoli frittata
Broccoli pie	Broccoli risotto
Broccoli tempura	Broccoli with pasta
Brussels sprouts with dukkah, lemon & oil	Bubble & squeak
Cabbage rolls	Cauliflower fritters
Cauliflower soup	Chow mein
Curried vegetables with mint chutney	Herb bread
Kale with linguine	Leek soup
Leek tart	Lemon & herb couscous
Lemon & herb risotto	Lemon curd tart
Lemons, preserved	Marmalade
Orange & ginger salad	Orange crêpes
Potato & chilli pepperpot soup	Silver beet dolmades
Silver beet lasagne	Silver beet roly-poly
Salad greens, salad greens, salad greens	Sauerkraut (takes weeks!)
Winter tabbouleh	

Don't forget:

- Pulses (chick peas, dried beans of all sorts)
- Sprouts
- Grains (rice, polenta, barley, burghul etc.)
- Preserves.

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Stephanie's thoughts ...

Cabbages and broccoli the workhorses of the winter months. And Brussels sprouts. And of course silver beet and Tuscan kale. And beetroot. And broccoli. And early leeks. Gifts of citrus from volunteers.

Garlic planted on the shortest day of the year. And wind breaks built in the garden. Gardeners can plant some seed potatoes and more for the next few months. Look at seed catalogues together and choose some varieties to plant in spring. Plant some rhubarb crowns.

Some salad greens better suited to colder weather – radicchio, lamb's lettuce, frilly oakleaf will stand tough weather.

Winter menu ideas

Time to talk about pulses and grains and cook plenty of big soups and curries. Soups such as minestrone, potato and cabbage, leek and potato. Bubble & squeak; braised root vegetables; roasted root vegetables with rosemary; cannellini beans with tuna and parsley; silver beet and potato pie; orecchiette and broccoli; Brussels sprouts cooked with chestnuts; borlotti beans slow-cooked with your tomato sauce; lemon delicious pudding; lemon slice; vegetable curry; vegetable stews with pumpkin, spices, tomato and spinach; beetroot salads. May mean busy time preserving and pickling lemons.

Themes suggested by the time of year

What is happening under the surface during this period; how plants survive the winter; how climate determines national cuisine